

# Dynamic Embodiment<sup>SM</sup> of the Sun Salutation



Pathways to Balancing the Chakras and the Neuroendocrine System

Bonnie Bainbridge Cohen – Developer of the Body-Mind Centering® comments on the book as follows

*Are you interested in deepening self-awakening in a meaningful movement practice that can offer you a sense of ease, clarity, and vitality? In Dynamic Embodiment<sup>SM</sup> of the Sun Salutation, Martha and Shakti will guide your inquiry into the subtleties of this ritual of becoming. They approach the sequence in the Sun Salutation from the inherent patterns of movement within each of us that normally emerge during the first year of life. The spatial paths are also explored through the tensegrity of the fascial planes of motion.*

*Within this practice, you will explore the direct experience of your own endocrine glands grounded in the strength of your bones, how to facilitate their balancing, and their relationship to the energetic chakras along your spine. In addition to the benefits that arise from your personal practice (if you do it!), you will also gain an understanding of related research in science and health.*

Dynamic Embodiment<sup>SM</sup> of the Sun Salutation is informational, inspirational, and fun. Enjoy!

**Dynamic Embodiment<sup>SM</sup> of the Sun Salutation: Pathways to Balancing the Chakras and the Neuroendocrine System** includes pathways that bring metaphorical, nature-based and psycho-physical perspectives to working with the chakras and the overall energetic system.

Through guided experiences, exercises, and 150 images and charts, you are assisted in exploring how glandular and chakral awareness can change your yoga practice and teaching. The book's additional special features include:

- ways to work with health imbalances in the thyroid, adrenal, pineal, and thymus glands
- tips for safe practice and/or teaching, with an in-depth focus on movement, posture, sound (including cymatics), and color as important vibrational forces
- tools to ground yourself and others, including with the support of herbs, entheogens, and nature, in order to take centered action in a dynamic world.

Dynamic Embodiment<sup>SM</sup> of the Sun Salutation provides important insights for deeper embodiment aimed at those interested in experiencing a soft, organic yet powerful way to practice the Sun Salutation.



**Martha Eddy**, CMA, DEP, CTBMD, MFLCI, RSMT, EdD, is a certified teacher of Body-Mind Centering® since 1984, the founder and director of Dynamic Embodiment<sup>SM</sup> Somatic Movement Therapy and a co-founder of Moving For Life, Inc and Moving On Center, bridging somatics with social change.



**Shakti Andrea Smith**, RSMT, LMT, RYT, DEP is a registered somatic movement therapist and educator, yoga teacher, bodyworker and energy healer, and founder of Prema Soma Healing Arts in New York City. She specializes in bringing earth-based practices into daily life.



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Eddy ♦ Smith



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Pathways to Balancing the Chakras and the Neuroendocrine System



**Martha Eddy ♦ Shakti Andrea Smith**



Forewords Eleanor Criswell ♦ Per Erez